

FAMILY & CONSUMER STUDIES PROGRAMME
INTRODUCTION TO FOOD & NUTRITION
LABORATORY REQUIREMENTS

- White lab coat/Chef jacket and apron
- White head cover (chef's cap, disposable cap)
- White cover cloth
- Tray cloth
- 1-yard white tulle (to cover finished products)
- Oven mitten, pot holders, pantry towels
- White table cloth for displays
- Closed toe shoes
- (anything that will enhance presentation)

Items can be bought at the following outlets:

1. Perry's
2. Chang's Traders
3. EBS Hotel Suppliers

Laboratory Rules

The following will not be allowed:

1. Fake nails
2. Nail polish
3. Jewelry
4. False eyelashes
5. Ripped/distressed jeans

Nails must be short and clean